

# FALCON FLYER

Magazine of the 94th Airlift Wing  
Vol. 4, No. 5  
May 2013



## WING HOSTS LARGEST ACADEMY DAY IN U.S.A.



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## MAIN FALCON FLYER STAFF

Col. Timothy E. Tarchick	94 AW/CC
Lt. Col. James Wilson	Chief of PA
Master Sgt. James Branch	NCOIC/Editor

## PUBLIC AFFAIRS STAFF

Lt. Col. Tim Johnson	PAO
Capt. Patrick Simmons	PAO
Capt. Sequoiya Lawson	PAO
Staff Sgt. Lindsey Black	TR
Staff Sgt. Benjamin Hayes	TR
Senior Airman Christina Bozeman	TR
Senior Airman Elizabeth Van Patten	TR
Mr. Brad Fallin	Photo
Mr. Peter Kowalski	ComRel
Mr. Don Peek	Photo

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(photo by Don Peek)

## Rendering honors

Senior Airman Joshua M. Koon of the 94th Logistics Readiness Squadron renders a salute as the U.S. Flag is handed off to Tech. Sgt. Douglas Grant during a retreat ceremony hosted by the 94th LRS April 6.



ON THE  
**COVER**

The 94th Airlift Wing and the Georgia Congressional Delegation hosted the largest Armed Forces Academy Day in the U.S. April 20 at the base fuel cell hangar. More than 1,100 attendees were given information during an open house on the application process for admission into a military service academy. (photos by Don Peek and Brad Fallin. Photo illustration by James Branch)

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## 94th Airlift Wing Public Affairs Office

1430 First Street  
Dobbins ARB, GA 30069

(678) 655-5055 / Fax: 5056 / DSN: 625

[www.dobbins.afrc.af.mil](http://www.dobbins.afrc.af.mil)

[94AW.PA@us.af.mil](mailto:94AW.PA@us.af.mil)

Facebook: Dobbins Air Reserve Base

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## Humility; key to service, leadership

**By Maj. Scott A. Van Schoyck**  
*94th Airlift Wing Staff Judge Advocate*

In today's fast-paced environment where we are looking for newer and better ways to accomplish our work, we must never lose touch with those bedrock servant and leadership principles that have served our Air Force so well for so long.

One of the more important yet oftentimes overlooked principles is humility.

As public servants, we offer our talents and service to the Air Force. In doing so, we hope to advance the mission and benefit our fellow citizens. The accolades and personal recognition that come for a job well done are simply by products of our work; they shouldn't be what motivates us to do our job.

For leaders who are civil servants in particular, this is true. Humility is important because while leaders may have put a lot of work into an initiative, developed the plans, and may be the ones held responsible if things go wrong, it was a team effort that led to success.

Humble civil servants and leaders will remember this fact and naturally look for those with whom their success is shared. In sharing their success and giving recognition to others who contributed to success, they

will encourage the continued effective functioning of their team.

A humble civil servant and leader will never think so highly of themselves as to think they can make it all happen by themselves. Nor will they be as likely to fail to recognize their limitations and weaknesses.

By encouraging effective teamwork and a healthy self-awareness of one's limitations, humility ensures that our Air Force will have more effective civil servants and leaders.

Moreover, humility will oftentimes benefit the individual. In addition to helping an individual to realize what their limitations are, and thereby avoiding unnecessary setbacks in their job, humility will remind a person that they are never above the rules and regulations that prescribe the proper conduct for all civil servants. If a civil servant forgets this, they can, and oftentimes do receive punishment that should remind them and others that no one is above the rules.

It is an unfortunate circumstance indeed when a civil servant with special talents (who has perhaps advanced to more senior positions of leadership) begins to think the rules do not apply to them. In fact, the more senior that one becomes, the more one should make sure that the rules apply to them as intended. It encourages adherence to the rules by those they lead.



**Maj. Scott A. Van Schoyck**

Humility will ensure that civil servants and leaders always consider themselves subject to the rules. After all, a humble servant and leader will see themselves as being no better than other civil servants in spite of their talents and past accomplishments.

For all of these reasons, it is important that we remain humble as civil servants and leaders. With that, each of us, our fellow employees, the Air Force, and indeed the nation, will benefit.

## Wing commander speaks to Cobb Leaders

**By Senior Airman Elizabeth Van Patten**  
*94th Airlift Wing Public Affairs*

Col. Timothy Tarchick, 94th Airlift Wing commander, met with members of the Cobb Leadership program on April 17 at the POW/MIA park on Dobbins Air Reserve Base.

Cobb Leadership was invited to the base to learn more about the missions of the various units on Dobbins ARB. Tarchick shared his leadership philosophy and answered questions.

"Every leader has to have character, integrity, and be humble," said Tarchick. "Leaders need to remember it's not about them. It's about others."

Tarchick quoted a personal friend who said, "The deepest joys in life are not when

people are hailing you in your status, but when they are helped by you in your service."

Tarchick observed a moment of silence to remember those who have made the ultimate sacrifice as members of Cobb Leadership presented a wreath.

"We are engaged in combat every day," said Travis Ellis, of the Cobb Chamber of Commerce. "Since the dawn of this nation, members of our military have been laying down their lives so that we can live free. It's our obligation not to forget the sacrifices being made."

(Right) Col. Timothy Tarchick, 94th Airlift Wing commander, addresses members of the Cobb Leadership program on leadership and the wing mission at the base POW/MIA park, April 17.





# AROUND THE PATTERN



Senior leadership of the 94th Airlift Wing and the Airman and Family Readiness Office hosted their first-ever Volunteer Appreciation Luncheon at the Dobbins Consolidated Club on April 19. The luncheon honored and recognized volunteers on the base who have contributed their time and energy to the 94th AW. (photo by Brad Fallin)



Chief Master Sgt. Chad Ronnebaum, 94th Maintenance Squadron superintendent addresses Airmen, family and friends during his pin-on ceremony April 6. (photo by Senior Airman Elizabeth Van Patten)



Two C-130 Hercules from Dobbins Air Reserve Base fly during aerial training and an airdrop over Fort Mountain State Park, Ga. April 29. (photo by Don Peek)



Col. Marshall Irvin, 94th Mission Support Group commander, updates members of the base Emergency Operations Center during a major accident response exercise April 23.



Col. Timothy J. Wrighton, special assistant to the commander, 22nd Air Force, and Senior Airman Tumyra D. Byron, knowledge operations manager, 94th Mission Support Group, unveil a shadow box during his retirement ceremony, April 6. Wrighton retires after over 38 years of service and more than 8,000 hours in refueling, cargo and troop transport aircraft. (photo by Don Peek)



Maj. Gen. Wallace W. "Wade" Farris, Jr., 22nd Air Force commander, welcomes Col. Timothy W. Lamb, former 576th Red Horse Squadron commander, Seymour Johnson Air Force Base, to the 622d Civil Engineering Group during a Change of Command Ceremony April 7. Lamb will replace Col. Franklin L. Myers as 622d CEG commander. He will be responsible for organizing, training and equipping over 1,300 Reservists in 10 units coast to coast. (photo by Brad Fallin)



(photo by Don Peek)

# CUI: PARALLEL BETWEEN WAR AND COMPLIANCE

**By Senior Airman Christina Bozeman**  
*94th Airlift Wing Public Affairs*

George Washington once said “To be prepared for war is one of the most effective means of preserving peace.”

It’s true, isn’t it? If we take the proper measures, the event for which we’re planning has a better chance of yielding a positive outcome.

Dobbins has been preparing for an upcoming Consolidated Unit Inspection.

It’s former name was Unit Compliance Inspection, but entails many of the same processes.

“If you’re on top of your programs all the time, then it’s just a matter of a quick review and a few tweaks here and there,” said Lt. Col. John Vallrugo, 94th Airlift Wing process manager. “If not, then you have a lot of work to do.”

Units are inspected to assess efficiency and effectiveness of compliance, operational readiness, nuclear surety and other areas.

“We dusted off the results from our August 2008 inspection, looked to see where we had problems before and used them as guides to where we might need to put more emphasis,” Vallrugo said.

With the amount of time to prepare, it seems as if it was only months ago that the

last CUI was performed, when in actuality, the wing was inspected over four years ago. Dobbins has been operating at maximum speed to plan for the approaching review and began planning for the inspection almost a year ago.

“It’s a multifaceted process with many parts, and we looked at many different things in order to be as ready and prepared as possible,” said Vallrugo. “We spent the vast majority of our time ensuring we were tracking and running the appropriate checklists per unit. So, there were many moving pieces all happening at once as we prepared for the inspection.”

Through executing steps and processes, the critical planning for the inspection mirrors the preparedness it requires to be ready for war. If that is so, and we remain in a constant state of readiness, then will surely be ready for the approaching CUI.

“The compliance inspection is more of a peacetime inspection of our day-to-day operations and activities than say, an Operations Readiness Inspection, which focuses on our ability to conduct wartime operations,” Vallrugo said. “They’re two different sets of “skills” so to speak, though having programs up to speed and compliant helps facilitate our preparedness to perform our wartime mission.”

The inspection will take roughly a week

to complete, and compliance is what the wing is targeting.

“You don’t do compliance for compliance sake,” said Lt. Col. David Smith, 94th Airlift Wing combat readiness chief. “You do the compliance to prepare, just as you would prepare for war.”

To be overall compliant is what the wing is striving for. With so many variables and different planning phases, it’s critical that members go step by step and follow their procedures and checklists, to receive good marks from the inspectors.

“There is a five-tier grading system of how Dobbins will be scored,” Smith said. “We will be graded accordingly.”

A CUI can also bring added stress to the workplace. Col. Tim Tarchick, 94th Airlift Wing commander, reminds wing members to remain safe and steadfast in our mission.

“These are stressful times for all of us,” said Tarchick. “Please watch out for each other, and be good wingmen.”

Gilbert Keith Chesterton, an English journalist and writer in the late 19th century, said “The true soldier fights not because he hates what is in front of him, but because he loves what is behind him.”

“Doing well during this inspection is a leadership issue at all levels,” said Tarchick. To be successful, everyone must own it, and earn it. Get engaged and involved.”





(Above) Parents and students get an up-close look at a 94th Airlift Wing C-130H2 aircraft during the 2013 Academy Day at Dobbins Air Reserve Base, Ga., April 20. (photo by Brad Fallin) (Below left) Students and family members speak with Sen. (GA-R) Johnny Isakson, organizer of the 2013 Georgia Congressional Delegation Academy Day, about the military academy application process. (Below right) 94th Airlift Wing Commander Col. Tim Tarchick delivers opening and closing remarks for the event, letting the applicants know how thankful he is for their interest in attending a service academy and their potential service to the country. (photo by Brad Fallin) (Right page) Representatives from the United States Air Force Academy discuss enrollment opportunities with Academy Day attendees. The annual event allows high school students the opportunity to meet with representatives from each of the service academies, including West Point, the U.S. Naval Academy, the U.S. Air Force Academy, the U.S. Coast Guard Academy, and the U.S. Merchant Marines Academy. (photo by Brad Fallin)



# Wing hosts largest Academy Day in U.S.A.

By Senior Airman Elizabeth Van Patten  
94th Airlift Wing Public Affairs

The 94th Airlift Wing and the Georgia Congressional Delegation hosted the largest Armed Forces Academy Day in the U.S. April 20 here, where more than 1,100 attendees were given information during an open house on the application process for admission into a military service academy.

Col. Tim Tarchick, 94th AW commander, gave the opening and closing remarks for the event, letting the applicants know how thankful he was for their interest in attending a service academy and the potential service they will perform for their country.

"Our U.S. service academies have a long tradition of excellence in education and training our nation's leaders," said Tarchick. "Many young people from Georgia graduated from these academies. America's Armed Forces are the best at what we do and it is an honor to serve in them."

In addition to Tarchick, keynote speakers from the Georgia delegation included Senator Johnny Isakson and Representatives Tom Price and Austin Scott, who also

expressed their gratitude toward the young men and women who are applying to attend some of the most rigorous college curriculums.

Isakson also explained how the process for being granted a Congressional nomination would unfold for potential applicants.

"Everyone in Congress has an academy board that reviews applications to the academies," said Isakson. "We rate and rank them. In Georgia there is no political process whatsoever. This is a competitive process. You will be competing when you apply to academies with other applicants sitting here and others who will apply later on. Our selection committee makes the final recommendations on who we will nominate, and then the academies will make the decision on who they will ultimately extend offers to."

High school students were also given the opportunity to speak with representatives from each of the service academies, including West Point, the U.S. Naval Academy,

the U.S. Air Force Academy, the Coast Guard Academy, and the U.S. Merchant Marine Academy.

The potential applicants were given information about each of the academies and in order to gain a broader perspective on what each academy has to offer.

Current students from some of the academies offered insights to what opportunities they could be offered should they attend a service academy.

"There are unique opportunities for training for academy cadets," said Fritz Stepette, current West Point cadet. "I will be travelling to the National Security Agency, attending survival training, and shadowing a Special Forces team. If I can do it, you can do it."

Applicants are encouraged to begin their admissions process early. While service academy education is offered for free, the common theme among speakers was that attendees should be prepared payback by leading the nation's finest.





Senior Master Sgt. David F. Strickland, 80th APS first sergeant, and Kelley Janzen, key spouse, pack items into care packages for deployed Airmen with other spouses, friends and the Airmen and Family Readiness Office, during Dobbins' Care Package Day, April 20. Over 50 Airmen from the 80th APS have deployed through February, March and April in support of operations in the middle east. (U.S. Air Force photo/Senior Airman Elizabeth Van Patten)



## Key Spouses offer unit stability, support

By Senior Airman Elizabeth Van Patten  
94th Airlift Wing Public Affairs

Senior Master Sgt. David F. Strickland, 80th Aerial Port Squadron first sergeant, and other first sergeants within the 94th Airlift Wing have many deployed Airmen within their squadrons.

"Because of the volume of the Airmen we have deployed right now, we can't possibly keep up with all the family members and the issues that always crop up," said Strickland. "So far this year, families have had flooded homes from water leaks, broken washers and dryers, and a host of other issues that go wrong in the home."

Life at home still must go on even when a spouse or parent is deployed. To help first sergeants and commanders, the 94th AW Airman and Family Readiness Office has developed the Key Spouse Program.

"Key spouses help ensure that family members have appropriate information and resources to meet their needs," said Angela Pedersen, Airman and Family Readiness director. "A key spouse is appointed by the unit commander from among the spouses within that unit that volunteer for the role. They are then required to attend the Air Force key spouse training conducted by

Airman and Family Readiness. Each unit may have different needs, and it's important that families and commanders have someone they can identify with to help them out."

The program enlists spouses of unit members, like Kelley Janzen, to plan, coordinate and execute initiatives that positively impact mission readiness and retention.

Janzen has been involved with the 80th APS Key Spouse Program for almost four years.

When my husband first started at the 80th APS I was asking him if there were anything for wives, he checked around and found about the Key Spouse Program," said Janzen. "This year we have had a bunch of people deploy so we helped first sergeant get ready by making cards to record contact information. Also, we reach out to the loved ones that are still here. We contact them on a biweekly basis."

The bottom line is that key spouses make themselves available to support the Reserve member and their families throughout the deployment cycle. Reserve members often joke about support being someone to "mow the lawn, walk the dog or pay the bills."

However, the Key Spouse Program was

developed by spouses for spouses, and address concerns and needs that are unique to military families.

Military spouses left at home may need advice while having to make major decisions alone, help with finances, disciplining children or be assured that the unit is, in fact, concerned with their well-being. Key spouses can be someone to listen and offer timely advice on a peer-to-peer level.

"While not a new concept – spouse volunteers have always existed within squadrons – the Key Spouse Program offers a framework for stability and support to both the squadron and the volunteers," said Pedersen.

For more information on the wing's Key Spouse Program or to volunteer to become a key spouse, contact Pedersen by phone at 678-655-5004.

"My advice is to try to seek out your unit's key spouses," said Janzen. "We can help them anyway possible. If someone is in the hospital then we will go and see them, if their hot water heater is busted, we can help them find someone to make repairs. We are here for the spouses and families. We are even here if they just need to talk to someone."





**By Senior Airman Elizabeth Van Patten**  
94th Airlift Wing Public Affairs

Gen. Mark A. Welsh III, Chief of Staff of the U.S. Air Force, published his professional reading list Feb. 1. This year not only did Gen Welsh pick 14 books, but he also went the extra mile for his fellow airmen Air Force wide and chose seven films, seven TED talks, web-based resources, and for the first time, artwork, music and photography selections.

"This year's CSAF Reading List features writings, movies, music, art, and photography that highlight our heritage and fighting spirit, as well as encourage innovation and forward thinking," Welsh said. "Take a look at the list and find something that grabs your attention."

With a message to his fellow Airmen at Dobbins Air Reserve Base, Chief Master Sgt. Wendell L. Peacock, 94th Airlift Wing command chief, said, "Reading can help expand our horizon. Reading recommended books from the CSAF Reading List can give us insight into the future of the Air Force as well as teach us history from the past."

**The books in this year's reading list are:**

- \* "Hat in the Ring: The Birth of American Air Power in the Great War" by Bert Frandsen
- \* "West with the Night" by Beryl Markham

**"We are the world's greatest air force because of our Airmen... and we must continue to strengthen that team."  
~ General Mark A. Welsh III**



- \* "The Dead Hand: The Untold Story of the Cold War Arms Race and Its Dangerous Legacy" by David Hoffman
  - \* "Flying Tigers: Claire Chennault and His American Volunteers, 1941-1942" by Daniel Ford
  - \* "Leading With Honor" by Lee Ellis
  - \* "Dressmaker of Khair Khana" by Gayle Lemmon
  - \* "The Sovereignty Solution" by Anna Simons, Joe McGraw, and Duane Lauchengco
  - \* "I Always Wanted to Fly: America's Cold War Airmen" by Col Wolfgang Samuel
  - \* "Realizing Tomorrow: The Path to Private Spaceflight" by Chris Dubbs and Emeline Paat-Dahlstrom
  - \* "Counterstrike: The Untold Story of America's Secret Campaign Against Al Qaeda" by Eric Schmitt and Thom Shanker
  - \* "China Airborne" by James Fallows
  - \* "Outliers" by Malcolm Gladwell
  - \* "No One's World: The West, the Rising Rest, and the Coming Global Turn" by Charles Kupchan
  - \* "Need, Speed, and Greed" by Vijay Vaitheeswaran
- More information on the 2013 reading list can be found at:  
<http://www.af.mil/specials/csafreadinglist/index.html>

## Gone from life, but not our hearts and minds

**By Senior Airman Elizabeth Van Patten**  
94th Airlift Wing Public Affairs

Ellen Jane Eisele, 82, native of Marietta, Ga., passed away the morning of April 18 and was laid to rest at the Georgia National Cemetery April 23, receiving military honors due a faithful, supportive spouse.

More than a spouse, Eisele was truly a friend to all Airmen. She was owner and operator of a small diner across Cobb Parkway just outside the gate for many years. She and her husband met in the local area and were married in the Dobbins Chapel. Additionally, her son and his bride were also married in the chapel.

Most recently, she was present to honor the chapel as it crossed the flightline and relocated to its new home on Camp Clay on March 16. She was passionate about saving the chapel from demolition, sitting for interviews with local media to help the Dobbins Chapel Foundation.

Her support of Dobbins and its Airmen spanned decades, and even with her passing, she still supports us. In lieu of flowers, Miss Jane and her family requested that donations be made to the Dobbins Chapel Foundation to be used to bring the building up to code.



(photo by Don Peek)

## Recruiters needed!

Are you ready for an extreme challenge? Do you know you're capable of doing more? Want to work in a rewarding, autonomous environment, serving full time with full time benefits, pro-pay, annual uniform clothing allowances, opportunities to serve in and outside the U.S., and potential eligibility for full time retirement with 20 years of active service? If so, become an AFR Recruiter!

Only the highest caliber of Senior Airmen thru Master Sgts. are accepted. Must have no more 16 years of service, a General ASVAB score of 24 and must pass all components of current Fit-to-Fight test. Government Travel Card and/or disciplinary issues will disqualify potential applicants. Applicants may be required to relocate. To fine out more about this unique opportunity, contact the Dobbins Recruiting Flight Chief, Senior Master Sgt. Bryan Schexnayder at [bryan.schexnayder@us.af.mil](mailto:bryan.schexnayder@us.af.mil)

## Post-Trauma Do's and Don'ts

People who have experienced a traumatic event often demonstrate changes in behavior. The suggestions below are

aimed at reducing the probability of long-term stress reactions:

### Do's

- \* Spend time with family and friends
- \* Attend meetings regarding the event
- \* Seek professional help

### Don'ts

- \* Use drugs to numb consequences
- \* Withdraw from significant others
- \* Pretend everything is OK

## Members to host golf tournament

The Dobbins Chiefs Group, the Dobbins Top 3 and the Lonely Hearts Club are scheduled to host the Warrior Classic Golf Tournament on June 17 at Dogwood Gold Club in Austell, Ga.

The purpose is to raise money for Dobbins Airmen and their families.

"Our emphasis is on having fun while raising money to enable our private organizations to support the Dobbins community," said Chief Master Sgt. Paul Spencer, 22nd Air Force aerial port chief.

To participate in the golf tournament, as a player or corporate sponsor, please contact 770-401-5511 or 678-360-1189.



## 'Every Dollar Counts' ushers in new savings culture for Air Force

With budgets shrinking, Air Force leaders are calling on Airmen to share their best money-saving ideas through the Every Dollar Counts campaign.

In the wake of sequestration, the initiative marks a cultural shift that empowers Airmen to find and recommend areas for savings that may be used to support readiness needs, said Air Force Vice Chief of Staff Gen. Larry Spencer.

Air Force leaders want Airmen to submit their ideas regardless of the idea's potential savings.

"For this program to be successful, we need members of our wing to participate in this effort," said Col. Tim Tarchick, 94th Airlift Wing commander. "We want to hear your ideas."

Airmen can submit their cost-reducing ideas via <http://everydollar.dodlive.mil>.

Local cost saving ideas can be submitted to [94aw.pa@us.af.mil](mailto:94aw.pa@us.af.mil).

## Promotions

The following Airmen were promoted in April and May:

### Master Sergeant

Urbach Noelle AMXS

### Technical Sergeant

Angelina McIvor FSS  
Christopher Owen MXS  
Bryan Phillips APS  
Daunte Saloy SFS  
Dante Taylor AMXS  
Jennefer Wilson FSS  
Clinton Barber APS

### Staff Sergeant

David Brookins APS  
Max Cochran MXS  
Harriett Dixon APS

### Senior Airman

James Barkley APS  
Christopher Bauer AMXS  
Joshua Charlton AMXS  
Kendra Chunn FSS  
Moses Divaker APS  
Roy Johnson MXS  
Essence Merchant AS  
Michael Phillips SFS  
Diane Piedrahita FSS  
Damari Ralls SFS  
Sherita Scott AS  
Brett Vrtachnik AMXS  
Malcom Young AMXS

### Airman First Class

Ranisha Alexander SFS  
Lakeisha Brown SFS  
Justin Carlisle SFS  
Ashton Cuttino LRS  
Jordan Edwards SFS  
Gerald Jordan SFS  
Ashley King FSS  
Joey Kornegay APS

Kenzley Ramos

Calyn Sanders FSS  
Claudine Stafford ASTS  
Jacob Sullivan CES

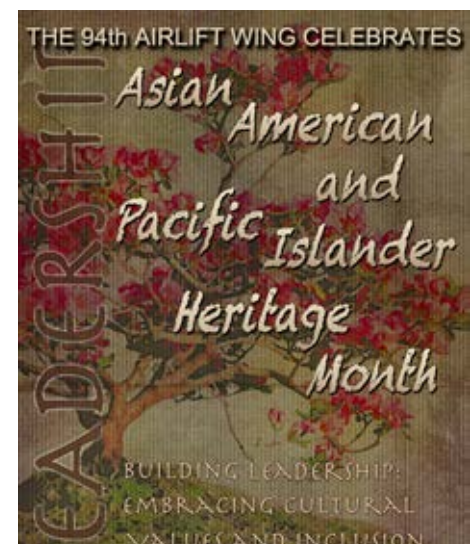
### Airman

Darian Brown SFS  
Erin Sheats AMXS  
Rashad Rizer ASTS  
William Steeley APS  
Branden Thomas SFS

## Retirements

The following retired in April:

Col. Timothy J. Wrighton 22AF  
CMSgt Mark J. Shubert 94 CES  
Master Sgt. Joseph Powell 80 APS



## May is Asian American and Pacific Islander Heritage Month

The wing joins in paying tribute to the generations of Asian and Pacific Islanders who have enriched America's history and are instrumental in its future success.



# CHAPLAIN'S CORNER

## A call to remember

By Chaplain (Maj.) Olga Westfall  
94th Airlift Wing Chaplain Office



With Memorial Day approaching, what do you think of? The beginning of summer vacation, sales at department stores, barbecues in the

back yard, outside projects or family get-togethers? Sadly, many people forgot the true meaning of the Memorial Day.

I believe it's important to consider what Memorial Day really represents, for its very name calls us to remember those who have fallen in our nation's wars. Remembering brings us back to the reality of what happened in the past. This Memorial Day I challenge you to remember the dedication to duty and our country of thousands of men and women in uniform who paid the ultimate sacrifices, their life. In John 15:13 it says: "Greater love has no one than this, that he lay down his life for his friends."

**Memorial Day Prayer:** *Father in heaven, we remember and give thanks for those who have cherished freedom, liberty and love for their country more than life. As we recall with thanksgiving, the Soldiers, Sailors, Marines and Airmen who have lost their lives in service to our great country, let us rededicate our lives to the ideals for which they paid the supreme price. Their legacy is our birthright and our responsibility. Help us so to perform the mission placed in our hands that generations yet unborn will continue to enjoy the freedom we hold dear. Grant us skill, dedication, and courage for the daily tasks of maintaining the bright torch of liberty. By your grace and by your power, let us mount up as eagles – run and not grow weary – walk and not faint – that our land may ever exist in peace and security. In your holy name we pray. Amen.*

\* Chaplain services are held each UTA Sunday at 7:15 a.m. at Bldg 838 Heritage Hall and 8 a.m. at 80th APS. For pastoral counseling, call 678-655-4459.



Although members of the 94th Aeromedical Evacuation Squadron simulate treating and evacuating a medical patient during training, strokes are a serious matter and can affect people of all ages and backgrounds. Learn how to safeguard yourself against stroke. (photo by Senior Airman Elizabeth Van Patten)

## May is Stroke Awareness Month: know your risks

By Col. Steven Klein and Lt. Col. Frank Pascarelli  
94th Aeromedical Staging Squadron Aerospace Medicine

Each year, almost 800,000 strokes occur in the U.S., making it the fourth leading cause of death in the country.

A stroke, sometimes called a brain attack, occurs when a blockage stops the flow of blood to the brain or when a blood vessel in or around the brain bursts. Although many people think of stroke as a condition that affects only older adults, strokes occur in people of all ages. In fact, nearly a quarter of all strokes occur in people younger than age 65.

Strokes often lead to serious, life-changing complications that include: paralysis or weakness on one side of the body, problems with thinking, awareness, attention, learning and judgment, memory, problems understanding or forming speech, difficulty controlling or expressing emotions, numbness or strange sensations, pain in the hands and feet, and depression.

To help protect yourself and your loved ones, learn what steps you can take to prevent a stroke and how to spot a stroke if one occurs.

Regardless of your background, there are several things you can do to lower your chances of having a stroke.

Cigarette smoking contributes to one in every five strokes in the United States. Smoking, and even exposure to second-

hand smoke, can thicken the blood and make it more likely to clot. Thicker blood flow can lead to increased plaque buildup in your arteries and damage to the blood vessels leading to the brain, which can cause or worsen a stroke. So, quit smoking, or better yet, don't start.

In 2011, the Department of Health and Human Services launched the Million Hearts initiative to prevent a million heart attacks and strokes by 2017. It focuses on the ABCS (appropriate Aspirin therapy, blood pressure control, cholesterol management and smoking cessation) to prevent strokes, and contribute to overall health.

If you are responding to a stroke victim, every minute counts. The sooner a patient receives medical treatment, the lower the risk for death or disability. If you, or someone you know has a sudden numbness or weakness of the face, arm, or leg, especially on one side of the body, has trouble speaking, or difficulty understanding, trouble seeing in one or both eyes, has trouble walking, gets dizzy or losses balance and coordination, or gets a severe headache with no known cause, call 911 immediately.

To learn more about reducing your risk for stroke, visit <http://millionhearts.hhs.gov>.

# INNERVIEW: SALUTE TO MILITARY MOMS

Mother's Day is May 12. The 94th Airlift Wing would like to thank its mothers for the sacrifices they make not only for their families, but for our country as well.

**How do you juggle being in the military and being a mother?**

**Almonte:** Being a mother in itself is a full-time job. Being in the military (12 years active and 15 years reserve) takes a toll on a mother. I have missed many weekend activities, birthdays and sporting events over the years. My former spouse, however, has been good about taking on 'weekend' responsibilities throughout my Air Force career.

**Westfall:** I can say my life is very busy. I have three sons, one is 14 and two are 7 years old. Working full time and fulfilling my reserve duty takes me away from their activities often. My husband, who is retired after 20 years of active duty military service, and I teach them the importance of commitment and dedication to values.

**Newsome:** It is not a task to take lightly, I have deployed a few times and spend quite a bit of time TDY for other duties, as a result I often attempt to add a day on the end or at the beginning of my trips and bring my son along so that he does not feel left out.

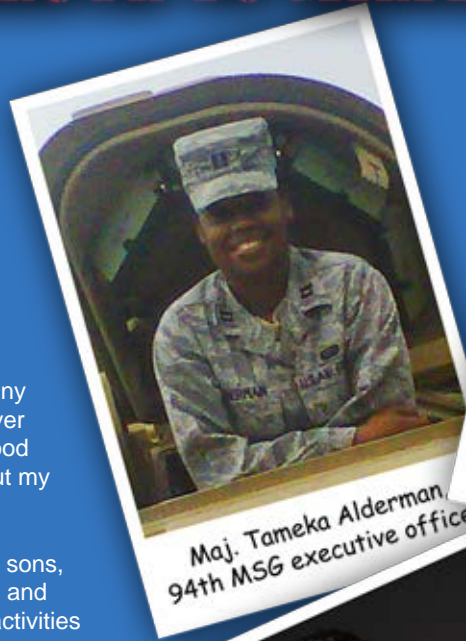
**Alderman:** Delicately. It takes constant deposits to ensure I dedicate the appropriate amount of attention to both home and work and the right time. My plan is not say that I wish I would have spent more time with my family when I retire.

**Reid:** Being a military mother is very challenging and rewarding. My challenge is being a single mom to my daughter, Morgan and having to juggle various activities such as church activities, Girl Scouts, volunteering, PTA meetings, birthday parties, etc. My reward is that I know that I am raising an intelligent, well-behaved, respectful little lady. I balance all these things with the help of God, good friends, a balanced diet and lots of EXERCISE.

**Wilson:** My husband and I work well as a team. He is extremely supportive and manages to get all five of our kids off to school each morning while I try to work with them on homework and after school stuff each evening. Our family eats every evening meal together and it's loud and fun to hear my son and all of the girls tell what happened during their day. Weekends are extremely important for our family. We try to do all our activities as a family, or split into smaller groups.

**Turk:** Both "jobs" are very difficult. With support from my family and friends I am able to "juggle" being a military mother. When things become overwhelming, I remind myself that I am providing a better life for myself and my daughter.

For more questions, visit [www.dobbins.afrc.af.mil](http://www.dobbins.afrc.af.mil)



Maj. Tameka Alderman,  
94th MSG executive officer



Col. Lourdes Almonte,  
94th ASTS commander



Chaplain (Maj.) Olga Westfall,  
94th AW chaplain

Maj. Brande Newsome,  
94th AW SARC



Master Sgt. Tonia Reid,  
80th Aerial Port Squadron



Sgt. Ja  
94th



Tech. Sgt. Jennifer Wilson,  
94th FSS